

A SAMPLE CHECKLIST

The following checklist can be applied against the measures listed on the previous pages. It can be photocopied and used freely. Only proceed if all checks are 100% positive and clear.

| SAFETY CHECKS | DONE | NOTES |
|---------------------------|------|-------|
| 1. Research It Thoroughly | | |
| 2. Source It Carefully | | |
| 3. Test It | | |
| 4. Determine Dose | | |
| 5. Weigh It (Accurately) | | |
| 6. Allergy Test It | | |
| 7. Health Check | | |
| 8. Experience Plan | | |
| 9. Contact List (Help) | | |
| 10. Recovery Gap | | |

Think again before embarking: are you sure you wish to proceed and are you ready?